

## **Blessed are the meek, for they will inherit the earth.**

### **Matthew 5:5**

2000 years ago the word “meek” had a very different meaning than today. The ancient Greek word for meek is “praus” (prah-oos). The Greek army would find the wildest horses in the mountains and bring them to be broken in. After months of training a few graduated as war horses and their state was described as praus (i.e. meek). The war horse had power under authority, strength under control. A war horse never ceased to be determined, strong and passionate; however, it learned to bring its nature under discipline and gave up being wild, unruly, out of control and rebellious. It was now meek. (Pharo Cattle Co. 9/7/08 – Sunday inspiration)

What differences can you find between today’s most common definition of meek (weak, whimpy, easily imposed on, timid) and the Bible time understanding of praus?

The Bible contains many verses which describe meekness as found in the attributes of self-control, humbleness, gentleness and servanthood. Read the following verses and pull out the phrases related to meekness.

1 Peter 5:5,6

Proverbs 15:1

Ephesians 4:2

II Timothy 1:7

I Thessalonians 5:8

Titus 1:8,9

**Let's look specifically at Jesus' examples of meekness.**

Read Philippians 2:5-8 and answer the following:

What part of us should be the same as Jesus?

What did Jesus give up? (v6)

What attributes of meekness do you see in verses 7,8?

What did Jesus teach about himself in Matthew 11:28-30?

What did Jesus demonstrate in John 13:12-17?

Why is Jesus' reply or lack of so unique in Matthew 27:11-14?

Jesus demonstrated strength and self-control even while on the cross. Write out his words in Luke 23:32-34 and comment on what strikes you about them.

What person you know or have learned about best demonstrates what we have learned about the Biblical times definition of meekness?

What situations in life make it hard to strive for meekness?

Can you think of some specific things we can do to demonstrate this beatitude?